COMMUNITY

Page 2 – Cristo Rey Students Create Cookbook from Urban Garden Harvest

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 35, #35 • **July 3, 2024**

SPORTS

Page 10 – Shields vs. Joanisse at LCA, July 27th !!!

Medicina Scarlett abre sus puertas al suroeste de Detroit para Promover el acceso a la atención médica

El alcalde de Detroit, Mike Duggan, y la Detroit Economic Growth Corporation DEGC (Corporación de Crecimiento Económico de Detroit) celebraron apertura de Medicina Scarlett; una clínica médica bilingüe y los últimos beneficiarios de la subvención Motor City Match. Estableciéndose para satisfacer las necesidades de atención médica, de la diversa comunidad del suroeste de Detroit, donde casi 30,000 hogares hablan español como idioma principal, según Data USA.

Medicina Scarlett fue fundada por la enfermera de familia (NP) certificada por la junta, Scarlett Idema y es la forma en que ella genera confianza en sus pacientes, atendiendo las necesidades de salud y velando por el bienestar de la comunidad. Idema nos afirmó que, muchos aspectos culturales y sociales pueden afectar la salud y la asistencia sanitaria; actualmente, el 90 por ciento de los pacientes atendidos son de habla hispana.

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Medicina Scarlett Opens in Southwest Detroit Boosting Access to Healthcare

Motor City Match grant facilitates renovation of clinic location

Detroit Mayor Mike Duggan and the Detroit Economic Growth Corporation (DEGC) celebrated the grand opening of Medicina Scarlett, a bilingual medical service provider and the latest Motor City Match grant recipient. The medical service provider was established to meet the healthcare needs of the diverse community of Southwest Detroit, where nearly 30,000 households speak Spanish as their primary language, according to Data USA.

Founded by board-certified family nurse practitioner (NP), Scarlett Idema, Medicina Scarlett is Idema's way of building medical trust and serving the health and well-being needs of the Southwest Detroit community. As Idema notes, many cultural and social aspects can impact health and healthcare; at present, 90 percent of the patients being seen are Spanish-speaking.

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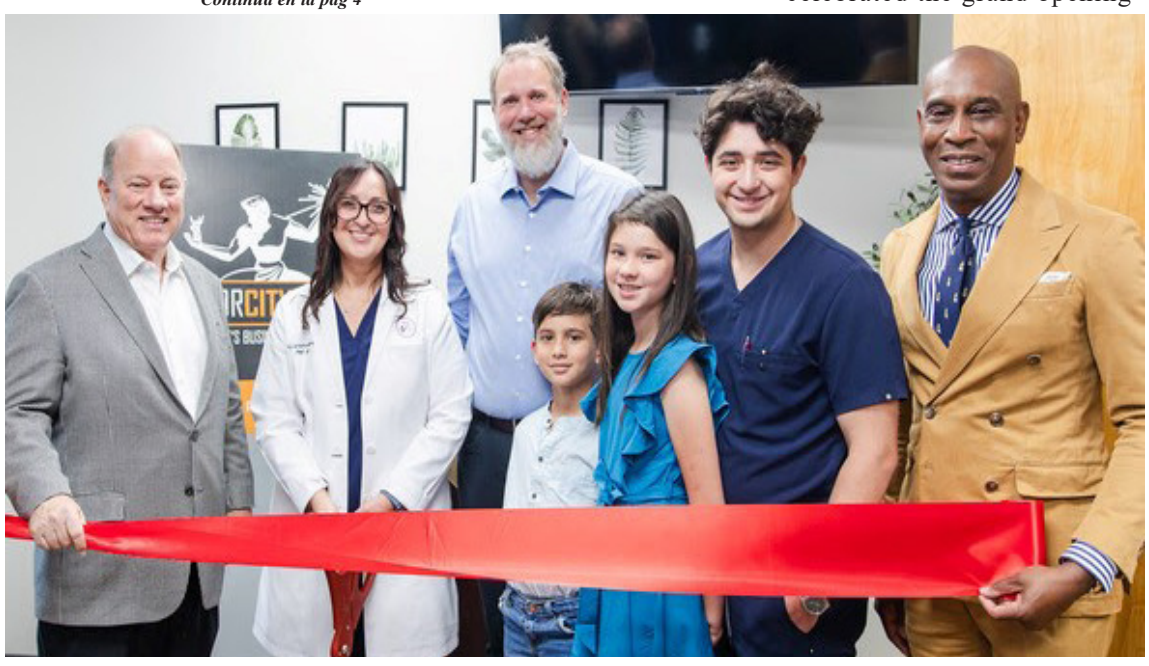


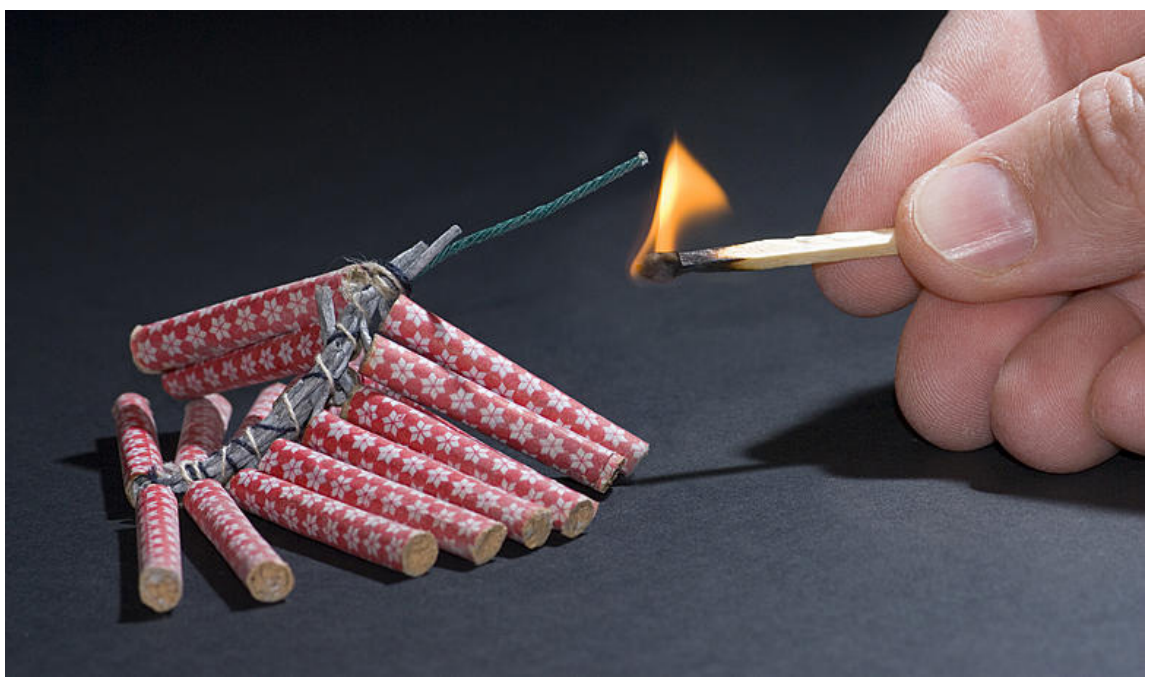
Mayor Mike Duggan, left, and DEGC President and CEO Kevin Johnson, far right, join Scarlett Idema, clinic owner and Family Nurse Practitioner, second from left, to celebrate the opening of Medicina Scarlett. Also pictured, Scarlett's husband Eric Idema, third from left and their children Jacob, Josie and Max. Photo provided by City of Detroit

4th of July Fireworks at Home Safety Tips

Please Be Safe and respectful & Enjoy the holiday

Highlights for Neighbors:.

- Protect Children's hearing, especially Babies, and your own. The Safe distance from fireworks sound for children is 164-196 feet from fireworks to prevent hearing damage; for Adults, 50-60 feet away. Home fireworks are Not Safe for babies. Ear plugs for all are recommended and available at drugstores, and headphones especially to anyone igniting. A 25-foot minimum distance from any home is required to ignite fireworks. Most properties are too small to comply– and public streets and sidewalks are illegal.
- Bureau of Fire Safety says: Ignite only one firework at a time. Don't try to re-light DUDS! Have a bucket of water to douse spent fireworks and duds, and a water hose ready. Sparklers reach 1200 degrees and cause many burns to children. They quickly ignite clothes and grass. Our increasingly dry conditions are Dangerous.
- FOR BIG DISPLAYS: Check-in with your Neighbors. FOLLOW HOURS ALLOWED. Respect sleep time. Every year fireworks cause increased PTSD in Veterans and others. Everyone should have safe conditions in their own home.
- Please, No excessive "grand finale". Fireworks exceed our local noise ordinance, and put lots of chemical smoke into our air, a danger to those with breathing conditions.
- Don't Ignite Near Trees – Keep nesting birds and animals safe. Wildlife is highly distressed by fireworks' extreme noise, vibrations and smoke -and without protection.
- Dogs, Cats, other pets: Keep indoors. Animals experience high stress. To muffle sound, close windows and use a fan. Calming products are sold with pet supplies.
- Please keep children and all safe. Remember these are explosives and without proper use they can cause irreparable injury and harm. Only State Certified fireworks are allowed. It's illegal to use fireworks when intoxicated. A violation is a $1,000 civil fine. Fire damage could be a $10,000 penalty and imprisonment.



Fireworks: Know the New State Law and Your Local Ordinance

State fire marshal urges safety - beware of the risks and know the dangers

Michiganders who plan on setting off fireworks need to make sure they know which days are legal to do so in their local community. Michigan's Fireworks Safety Act of 2011 (Public Act 256) was amended in December 2018, giving local government entities – villages, townships, and cities – the right to restrict the days and times for their residents to use consumer fireworks by enacting a local ordinance.

"Local government officials who assume that their municipality is simply following state law by not passing a fireworks ordinance may be inadvertently putting zero restrictions on fireworks usage in their community. This may not be what they intended, but it is what the state law puts forth," said State Fire Marshal Kevin Sehlmeyer. "If no action is taken at the local government level, state law allows for fireworks to be used all year long. Simply put, if there is no local ordinance

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Cristo Rey Students Create Cookbook from Urban Garden Harvest

A student environmental justice club has crafted a culturally diverse cookbook with 100 recipes inspired by the Cadillac Urban Garden's fresh produce.

By Estefania Arellano-Bermudez – Published in collaboration with Planet Detroit

Photos by Alejandro Ugalde Sandoval

There is a garden in Southwest Detroit that grows shishito, jalapeño and habanero peppers. In another bed, there is chamomile, chocolate mint and mojito mint. There are three kinds of thyme, sage and oregano. There are wild berries, sunflowers, tomatoes, zaatar, three kinds of squash, four kinds of cucumbers and two kinds of watermelons. There is also a sensory garden where children pull cherry tomatoes and taste them.

This bounty of fresh vegetables is from Cadillac Urban Gardens and inspired "Recipes from the Garden," a cookbook in the works by the environmental justice club at Cristo Rey High School. The idea for the book came from Dolores Perales, Co-director of Cadillac Urban Garden, who wanted to promote healthy eating and engage high school students in urban agriculture.

"One of the ways I connect with being Mexican is food," said Odalis Perales, a volunteer at the garden, who contributed her recipe for chilaquiles en salsa verde. "My mom's recipe needs to have epazote, and the garden actually grows it. At the grocery store, she has only found dried epazote, which she says doesn't taste the same as it does fresh."

Alex Montesinos, a 17-year-old junior at Cristo Rey and president of the Environmental Justice Club, was the link between the garden and the students.

"The main point is to get more people to go to the garden where everything is organically grown," Montesinos said.

Many of the recipes were submitted in Spanish. Montesinos led the students in translating the recipes. Recipe submitters were asked to cook their dishes, and students

Dolores Perales, Co-director of Cadillac Urban Garden, stands with a freshly harvested bok choy.

Odalis Perales, a volunteer at the urban garden, shares her family's chilaquiles en salsa verde recipe in the cookbook. "One of the ways I connect with being Mexican is food," she says.

Perales, a Cristo Rey graduate, learned about a grant opportunity from the Michigan Alliance for Justice in Climate (MAJIC). In April, MAJIC awarded Cadillac Urban Garden, a nonprofit, a grant to put together the recipe book. By May, students had put out calls on social media, encouraging family and friends to share recipes via a Google form. Over 100 submissions were received, most from the families of Cristo Rey students. Each recipe had to use ingredients from the garden and avoid all-meat or all-dairy dishes.

A variety of recipes were submitted—everything from fried green tomatoes to chilaquiles and tabbouleh. People got creative. They also submitted recipes for healthy teas and fruit smoothies.

interested in photography took food photos in exchange for community service hours. There is also hope to put together free cooking videos to supplement the book.

"Whether it's a Spanish dish or a Middle Eastern dish, we wanted to diversify the recipe book as much as possible, which is why we reached out to the community," Montesinos said.

The garden was built in 2012 by Southwest Detroit Environmental Vision with the support of the Ideal Group, a Latino family-owned and operated business in Southwest Detroit. Once an abandoned parking lot, the area now boasts over 330 raised garden beds. The vegetables are free and a source of fresh food for the community.

The garden is also a source of innovation and creativity.

A few years ago, the Ideal Group, the garden's sponsor, issued a challenge to create a system of collecting and storing rainwater to sustain the vegetables. The Detroit Cristo Rey Robotics team, the Kinematic Wolves, accepted the challenge and built a water catchment system that is there to this day.

Alex Montesinos was just a child when his older sisters were part of the robotics team that designed and built the catchment system. Through his involvement with the cookbook, his connection to the garden has come full circle.

Alondra Carter-Alvizo, board president of the Cadillac Urban Garden non-profit, describes how they approached neighborhood residents for recipe ideas.

"We worked with different community residents who might want to bring their own seeds for culturally relevant foods," Carter-Alvizo said. "Now that such a diverse crop has been planted, the recipes can include culturally meaningful food such as rhubarb, okra, and poblano peppers."

"I really think [the goal] is to feed our neighbors," Carter-Alvizo said.

The Cadillac Urban Garden is open from April through October and free to the public. The book is slated for an August release.

"The pandemic really exacerbated a lot of the food insecurity that was already prevalent in our communities, and so the garden became a source," Carter-Alvizo said. "Ultimately, I'd want us all to have a stake in what a garden can do for community revitalization."

Planet Detroit is an independent nonprofit local news organization designed to inform readers about the environment and public health in Detroit and Michigan. They focus on accountability, solutions and community reporting, and have a deep commitment to engaging with the community. planetdetroit.org

A spread of organically grown herbs and vegetables from Cadillac Urban Gardens, featuring (clockwise from top left) oregano, lemon basil, bok choy, English thyme, sage, chocolate mint and lavender.

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Medicina Scarlett Opens in Southwest Detroit

Con't from pg. 1

"One of the reasons I opened this clinic is because I'm an NP and have been working in the area – the need is here. I speak Spanish; I can identify with this community and understand their struggles as an immigrant myself," said Idema. "To me, the keyword is "access" – access to healthcare and knowing what is wrong with you are the first steps to health."

Idema had the idea for Medicina Scarlett in 2022. After working for other medical practices in the area, she realized the community needed more personalized, holistic medical services. According to Idema, there is "sick medicine," where you receive care when something has happened to you, or prevention care, which she prefers to provide.

"I think being able to help and understand the culture helps me treat them better," said Idema. "I wanted different care for the patients that I see and having my own practice allows me to do that."

Located at 8631 W. Vernor at Lawndale St., the 2,100-square-foot facility offers convenient patient access. Medicina Scarlett plans to introduce in-house laboratory and pharmacy services later this year. These additions aim to reduce medical costs for patients, said Idema.

"I'm so proud of Scarlett making it her mission to offer quality medical care in a location that is close to where a lot of people live, but even more so because she is making it accessible and welcoming to the many Spanish-speaking residents in Southwest Detroit," said Mayor Duggan. "This is just another example of how Motor City Match is helping to build stronger neighborhoods."

The business received a $50,000 grant from Motor City Match to support construction costs and the purchase of medical equipment. Medicina Scarlett currently has three bilingual staff members from the same community it serves.

"Scarlett's passion for the health and well-being of Southwest Detroit's residents is inspiring," said Sean Gray, vice president of Small Business Services at the DEGC, which manages the Motor City Match program. "Medicina Scarlett is strategically addressing issues of healthcare availability, affordability and trust in its community, which is beneficial for the city of Detroit as a whole."

Medicina Scarlett is open Monday through Friday from 9am to 5pm.

For more information, call 313-889-2000.

Scarlett Idema thanks her team and family for their countless support.

Medicina Scarlett abre en el suroeste de Detroit

Con't de pg. 1

"Una de las razones por las que he abierto la clínica es porque he trabajado en el área como enfermera y hay mucha necesidad. Yo hablo español y puedo identificarme con la comunidad y comprender sus luchas como inmigrante… Para mí, la palabra clave es "acceso": el acceso a la atención médica y saber qué es lo que te pasa son los primeros pasos hacia la salud". Nos comentó Idema.

Tuvo la idea de Medicina Scarlett en 2022. Después de trabajar para otros consultorios médicos en el área, se dio cuenta de que la comunidad necesitaba servicios médicos más personalizados y holísticos. Según Idema, existe la "medicina del enfermo", cuando recibes atención si algo ha pasado, y la medicina preventiva, que es la que prefiere brindar.

"Creo que ser capaz de entender la cultura me ayuda a tratarlos mejor…Quería una atención diferente para mis pacientes y tener mi propio consultorio me permite hacerlo". Comentó

Está ubicada en 8631 W. Vernor en Lawndale St., las instalaciones de 2100 pies cuadrados ofrecen un cómodo acceso a los pacientes. Medicina Scarlett planea introducir servicios de laboratorio y farmacia a finales del año, lo cual tiene como objetivo reducir los costos médicos de los pacientes.

"Estoy muy orgulloso de que Scarlett tenga como misión ofrecer atención médica de calidad en un lugar cercano a donde vive mucha gente, pero aún más porque lo hace accesible y acogedor para los muchos residentes de habla hispana del suroeste de Detroit… este es sólo otro ejemplo de cómo Motor City Match está ayudando a construir vecindarios más fuertes" comentó el alcalde Duggan.

La empresa recibió una subvención de 50.000 dólares de Motor City Match para cubrir los costos de construcción y la compra de equipos médicos. Medicina Scarlett actualmente cuenta con tres miembros del personal bilingües de la misma comunidad a la que sirve.

"La pasión de Scarlett por la salud y el bienestar de los residentes del suroeste de Detroit es inspiradora… Medicina Scarlett está abordando estratégicamente cuestiones de disponibilidad, asequibilidad y confianza en la atención médica de su comunidad, lo cual es beneficioso para la ciudad de Detroit en su conjunto" agregó Sean Gray, vicepresidente de Servicios para Pequeñas Empresas de DEGC, que gestiona el programa Motor City Match.

Medicina Scarlett está abierto de lunes a viernes de 9 am a 5 pm.

Para más información, llame al 313-889-2000.

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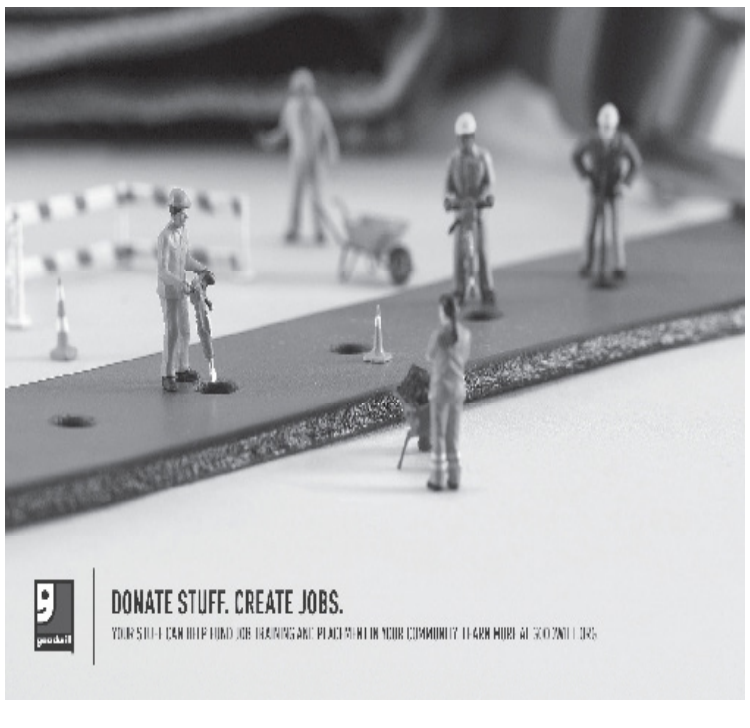

Guest Opinion:

Hispanics: TRUE Patriots

By Rogelio Landin

The past 72 hours have provided us with copious amounts of coverage of the Presidential Debate that was neither Presidential nor a debate. Former President Trump was true to form, consistent in his approach, hurling a barrage of baseless, inaccurate assertions, enhanced with superlatives to further inflate the imagery of his diluted vision for our country. Most major journalistic and publishing outlets fairly addressed President Biden's less than stellar performance and the very real "Threat to Democracy" posed and promised by former President Trump, "…you won't have to vote in four years…". The measure of Trump's audacity shone through when he accused the President of being a criminal, having recently been convicted of numerous crimes, on more than one occasion, with numerous cases still to be adjudicated. We have a responsibility to guard and protect the sustainability of our system of government.

President Biden for his part allowed himself to be drawn into a defensive posture on personal matters that had no place in what was supposed to be a debate. By now everyone has seen the infamous seconds lapse in his response that triggered a visceral reaction from some observers. Long story short, this event, that defies description, has served to elevate the national discourse to one of fundamental elements of our system of governance and the very fragile right to vote. The right to vote is not guaranteed to every American citizen. As relates to minorities, our right to vote must be periodically reviewed and renewed by Congress. As Hispanics, now the largest and youngest minority group, our tentative status as voting citizens is fragile at best and must not be taken for granted. This election is no longer about any one person, and whether or not you like them, but rather what that person represents in terms of our future participation in being an integral part of the governing fabric of our country. Make no mistake, the same people who came for our reproductive rights and affirmative action, will come for our voting rights, too.

Under the Biden administration, we have a first ever Hispanic National Campaign Manager, Julie Chavez Rodriguez, granddaughter of Cesar Chavez and four Cabinet Secretaries in arguably the most vital positions for our country in Health and Human Services, Homeland Security, Education and the Small Business Administration. Does anyone truly believe we will realize this level of access in a second Trump/MAGA led administration, especially given his discriminatory Mexi-phobic stance with regard to the southern border? Rather than fan the flames of divisiveness by creating another false narrative about undocumented immigrants "Taking Black Jobs", let us enforce e-verify and start arresting and prosecuting employers who offer these jobs as they exploit this population, whose only crime is accepting work offered to them. Since Congress can't or won't agree on a new immigration reform bill, let us revisit the unfunded enforcement provisions of the now 40-year-old bi-partisan Simpson-Mazzoli bill and fund them. In any case, it is easier to negotiate regulatory reform than new legislation.

I digress. Let us circle back to the President. We have short memories. Only a few months ago, at the State of the Union, we were elated with his performance. Fast forward to his speech in North Carolina the day after the debate where he basically recovered a fumble. No one wants their life's work to be judged by a single moment in time. One that every one of us can relate to. I would remind everyone that President Biden has overseen, not one, but two economic recoveries: the 2009 American Recovery and Reinvestment Act, when as Vice President, President Obama charged him with the responsibility of implementing the ARRA which went on to be the cornerstone for rescuing our automotive industry saving jobs, homes and families. He is one of a handful of leaders that served two terms as Vice President and once as President, making him hands down the most experienced candidate of our time. In his first term as President, he crafted and passed, among numerous other economically impactful acts, the Infrastructure and Investment Jobs Act, the Chips Act and Gun violence reforms. Something Trump failed to do in his four years.

I wish I had the time, space and your attention to address the full range of issues related to this campaign. Several publications wrote that President Biden missed the opportunity to hold Trump accountable. I submit to you, that it's not his job to hold Trump accountable; IT'S OURS! And, we do that by exercising our right to vote. Su voto es su poder!

Rogelio Landin led LULAC in the precedent setting Amicus filed in Bradley v. Milliken II (1976-1978). The win served to protect and preserve Bilingual education and the classification of Minority per the Civil Rights Act. The case had national implications for the education of bilingual children and Hispanic civil rights.

Analysis: Fact-checking the CNN Trump-Biden debate

From PBS News. This fact check originally appeared on PolitiFact.

President Joe Biden and former President Donald Trump, the presumptive presidential nominees, shared a debate stage June 27 for the first time since 2020, in a feisty confrontation that — thanks to debate rules — managed to avoid the near-constant interruptions that marred their previous meetings.

CNN hosted the debate, which had no audience, at its Atlanta studio. CNN anchors Jake Tapper and Dana Bash moderated. The debate format allowed CNN to mute candidates' microphones when it wasn't their turn to speak.

Trump attacked Biden's record, blaming inflation and other issues on Biden's "insane and stupid policies." Biden questioned Trump's conduct, noting that Trump is a convicted felon and saying he has the "morals of an alley cat."

Biden and Trump clashed on topics including immigration, the economy, abortion and their ages.

Trump's outlandish immigration claim

Trump says Biden "allowed millions of people to come in here from prisons, jails and mental institutions."

[False] Pants on Fire!

Immigration officials arrested about 103,700 noncitizens with criminal convictions (whether in the U.S. or abroad) from fiscal years 2021 to 2024, federal data shows. That accounts for people stopped at and between ports of entry. Not everyone was let in. The term "noncitizens" includes people who may have had legal immigration status in the U.S. but were not U.S. citizens. The data reflects the people that the federal government knows about, but it's inexhaustive. However, immigration experts said despite the data's limitations, there is no evidence to support Trump's statement.

Biden's close to the mark about immigration reductions

Biden: "I've changed (the law) in the way that now you're in a situation where there are 40 percent fewer people coming across the border illegally."

Mostly True. The Department of Homeland Security announced that illegal immigration encounters dropped by 40 percent, to fewer than 2,400 each day, in the weeks after Biden announced a policy largely barring asylum access for people entering the U.S. at the southern border. The policy was announced June 4. But immigration experts caution that it's difficult to pinpoint a single reason for any change in border crossings. For example, other factors, such as hot weather, can affect migration patterns. Since the policy was announced only a few weeks ago, it's unclear whether the drop in illegal immigration will continue. Colleen Putzel-Kavanaugh, associate policy analyst at the Migration Policy Institute, told PolitiFact the policy could have a short-term deterrent effect. But Adam Isacson, defense oversight director at the Washington Office on Latin America told PolitiFact, that no crackdown in the past decade has had a lasting impact.

Trump's falsehoods about his and Biden's economic achievements

Trump: "I gave you the largest tax cut in history."

False. When it was passed in 2017, Trump's tax cut was, in inflation-adjusted dollars, the fourth-largest since 1940. And as a percentage of gross domestic product, it ranked seventh in history, according to figures published by the Treasury Department.

Trump: "The only jobs (Biden) created are for illegal immigrants and bounce back jobs, bounce back from the COVID."

False. Since Biden took office in early 2021, the number of foreign-born Americans who are employed has risen by about 5.6 million. But over the same time period, the number of native-born Americans employed has increased by almost 7.4 million. (There are many more native-born Americans than foreign-born Americans, so on a percentage basis, the increase for foreign-born Americans is about 22 percent, compared with 6 percent for native-born Americans.)

It's also wrong to say that all the foreign-born employment gains (much less all the employment gains, period) stem from migrants here illegally. The data for foreign-born Americans includes anyone born outside the U.S., including immigrants who have been in the United States legally for decades.

Employment on Biden's watch passed its pre-pandemic level by June 2022, about a year-and-a-half into his term. Since then, the U.S. economy has created an additional 6.2 million jobs.

Biden's economic talking points mostly hit the mark

Biden: "Black unemployment is the lowest level it's been in a long, long time."

Mostly True. The record for low Black unemployment rate was set under Biden in April 2023, at 4.8 percent. It has risen modestly since then to 6.1 percent in May 2024, but that's still lower than it was for much of the first two years under Trump. Overall, Trump had success on this statistic, too. When Biden set the record, the record he was breaking was Trump's: 5.3 percent in August and September 2019.

Trump rewrites history about Jan. 6, 2021, attack on the U.S. Capitol

Trump: Pelosi said "I take full responsibility for Jan. 6."

False. That's not what former House Speaker Nancy Pelosi, D-Calif., said. Biden says Trump would pardon Jan. 6 rioters, Trump blames Pelosi in a 41-second video taken on Jan. 6, 2021, Pelosi said, "I take responsibility for not having them just prepare for more," referring to U.S. Capitol security. She did not say she took responsibility for the Jan. 6, 2021, Capitol attack. Records show that Pelosi approved a Jan. 6, 2021, request to seek support from the National Guard and pushed to get National Guard troops to the U.S. Capitol when their deployment was delayed by hours that day.

PolitiFact Chief Correspondent Louis Jacobson, Senior Correspondent Amy Sherman, Staff Writers Grace Abels, Kwasi Gyamfi Asiedu, Maria Briceño, Jeff Cercone, Madison Czopek, Marta Campabadal Graus, Ranjan Jindal, Mia Penner, Samantha Putterman, Sara Swann, Maria Ramirez Uribe, Researcher Caryn Baird and KFF Health News Senior Correspondent Julie Appleby contributed to this story.

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Special World's Cultures Ecuador

The painter of Ibero-America: Oswaldo Guayasamin

He was born in Quito on July 6, 1919, his father José Miguel Guayasamín, an indigenous person of Quechua origin, worked as a carpenter, his mother Dolores Calero was mestizo. Oswaldo was the eldest of ten children.

From an early age he demonstrated his love and talent for art. Guayasamín entered the Quito School of Fine Arts during which time he built his own style based on certain social and personal events that would mark his life.

In 1968, he presented his second large-scale series at the Museum of Fine Arts in Mexico City, titled The Age of Anger, which has been considered one of the last great political works of 20th century painting and after its exhibition in Mexico was presented in Barcelona, Prague and Paris.

In 1981, the government of Ecuador recognized the great value of the work and the transcendence of the artist through the creation of the Guayasamín Foundation, to which the painter donated his works and art collections.

The most important exhibitions of his works are concentrated in three stages:

1.- 1946 to 1952, called the "Way of Crying", (a mural and 103 paintings) is a vision of the ethnic groups that make up American mestizaje.

2.- "The Age of Wrath" made between 1961 and 1990, (150 works) here, expresses and denounces, through his canvases, the violence of man against man.

3.- "The age of tenderness" or also called "While I live I always remember you" 1988 to 1999, (100 works) is a tribute of love to his mother.

Between 1986 and 1994, different countries granted him 6 Honoris Causa Doctorate recognitions. Also between 1941 and 1999, he received 8 first places in world painting exhibition events, and during his professional life he achieved countless distinctions, tributes and was awarded the UNESCO 40th Anniversary Medal for the Defense of Human Rights, awarded in Paris. .

In an interview given to Rosa Rodríguez Kintto Lucas in 1991, he stated: "My greatest work is concern for man."

His ashes rest inside a clay vessel in the Chapel of the Man of Ecuador, in Quito, under the so-called "Tree of Life", a pine tree planted. He died in Baltimore on March 10, 1999.

Roberto Ayón B.

Floreana Island: Galapagos

Floreana Island is the sixth largest island by its area in square kilometers of the Ecuadorian archipelago of the Galapagos Islands, administratively it belongs to the Parish called Santa María, of the Canton of San Cristóbal, in the Province of Galapagos, its largest town being town of Puerto Velasco Ibarra. Here you can see pink flamingos and nesting sea turtles between December and May. You can also find a small population of Galapagos penguins. Another place that can be seen on Floreana Island is the Devil's Crown or Onslow Islet, a volcanic cone that emerges from the sea and whose impressive appearance overwhelms the visitor's spirit.

It is said that (although there is not enough evidence to confirm it) the Inca Túpac Yupanqui arrived with a hundred men at the archipelago, where, upon returning to

the continent, they described them as islands that spit fire. Then, in 1535, the bishop of Panama – Fray Tomás de Berlanga – accidentally arrived at the islands with his troop of Spaniards. They stocked up on water and left several animals that went wild in these no man's lands.

On this island you can see caves and a labyrinth made up of huge stones, the same ones that served as a hiding place for the pirates (mostly English and French) after looting the Spanish ships. Here they could take refuge for a long time, they had water within their reach. , fruits and meat. They also introduced some species of trees such as the Seca, from which they obtained excellent wood to build their rafts.

Those who followed the pirates were the whalers who, after appropriating hundreds of giant turtles, both to eat and to use their precious oil, left a postbox that persists to this day, they named this barrel-mailbox after Post Office Bay. When they went out to hunt whales for long periods, they left letters that were collected and transported to the continent by other whalers returning from their prolonged fishing.

Sigue cada semana en
EL CENTRAL Hispanic News
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

Reserve: Mindo-Nambillo

The Mindo-Nambillo Ecological Reserve comprises approximately 22,000 hectares located on the slopes of the Guagua Pichincha volcano and on the humid subtropical rainforest zone. Its semitropical forests are home to various species that stand out for their beauty and attraction, such as the extensive variety of orchids, mammals, reptiles and butterflies. This place also has important water sources, including the Nambillo River. Its declaration date was April 12, 1988, it has a temperature that ranges between 2.31° and 19.22° Celsius and its altitudinal range varies between 1,220,330 - 4,593,670 meters above sea level.

The waterfalls of the Nambillo River are located between the paramo, cloud and humid forest area. Here an important biodiversity is estimated, represented by different species of birds, flora and mammals such as pumas and spectacled bears. These are located 90 km. northwest of Quito, in the Mindo-Nambillo Protective Forest.

The Mindo-Nambillo Protective Forest is part of the Chocó Andean Region of Ecuador and is considered one of the five hottest areas in the world. It is characterized by having a great diversity and endemism of species. It includes six bioclimatic systems with their fauna and flora: temperate humid, temperate rainy, sub-temperate very humid, sub-tropical very humid, temperate very humid and rainy paramo.

ESPECIAL CULTURAS DEL MUNDO
Ecuador

El pintor de Iberoamérica: Oswaldo Guayasamín

Nació en Quito un 6 de julio de 1919, su padre José Miguel Guayasamín, indígena de origen quechua trabajaba como carpintero, su madre Dolores Calero era mestiza. Oswaldo fue el mayor de diez hijos.

Desde muy temprana edad demostró su afición y talento para el arte. Guayasamín ingresó a la Escuela de Bellas Artes de Quito en cuya etapa construyó un estilo propio a partir de determinados acontecimientos sociales y personales que marcarían su vida.

En 1968, presentó en el Museo de Bellas Artes de la Ciudad de México su segunda serie de gran envergadura, titulada **La edad de la ira,** misma que ha sido considerada una de las últimas grandes obras políticas de la pintura del siglo XX y tras su exhibición en México fue presentada en Barcelona, Praga y París.

En 1981, el gobierno de Ecuador reconoció el gran valor de la obra y la trascendencia del artista mediante la creación de la Fundación Guayasamín, a la que el pintor donó sus obras y colecciones de arte.

Las exposiciones más importantes de sus obras se concentran en tres etapas:

1.- 1946 a 1952, la denominó el "Camino del llanto", (un mural y 103 cuadros) es una visión de las etnias que componen el mestizaje americano.

2.- "La edad de la ira" realizada entre 1961 y 1990, (150 obras) aquí, expresa y denuncia, por medio de sus lienzos, la violencia del hombre contra el hombre.

3.- "La edad de la ternura" o también denominada "Mientras vivo siempre te recuerdo" 1988 a 1999, (100 obras) es un homenaje de amor a su madre.

Entre los años 1986 y 1994, diferentes países le concedieron, 6 reconocimientos de Doctorados Honoris Causa. También entre 1941 y 1999, recibió 8 primeros lugares en eventos mundiales de exposición pictórica, aparte durante su vida profesional alcanzó innumerables distinciones, homenajes y ser merecedor a la Medalla del 40° Aniversario de UNESCO por la Defensa de los Derechos Humanos, otorgada en París.

En una entrevista concedida a Rosa Rodríguez Kintto Lucas en el año 1991, afirmaba: "Mi obra mayor es la preocupación por el hombre".

Sus cenizas descansan dentro de una vasija de barro en la Capilla del Hombre de Ecuador, en Quito, bajo el denominado "Árbol de la Vida", un pino plantado por el mismo artista en la casa que habitó sus últimos 20 años. Falleció en Baltimore, el 10 de marzo de 1999.

Roberto Ayón B.

Isla Floreana: Galápagos

La Isla Floreana es la sexta isla más grande por su extensión en kilómetros cuadrados del archipiélago ecuatoriano de las Islas Galápagos, administrativamente pertenece a la Parroquia llamada Santa María, del Cantón de San Cristóbal, en la Provincia de Galápagos, siendo su localidad más grande el poblado de Puerto Velasco Ibarra. Aquí se puede observar entre diciembre y mayo a Flamencos rosados y tortugas marinas anidando. También se puede encontrar una pequeña población de los pingüinos de Galápagos. Otro de los lugares que se puede divisar en la Isla Floreana es la Corona del Diablo o Islote Onslow, cono volcánico que emerge

del mar y cuya impresionante apariencia sobrecoge el espíritu del visitante.

Se cuenta que (aunque no hay pruebas suficientes que lo confirmen) el inca Túpac Yupanqui arribó con un centenar de hombres al archipiélago, donde, regresados una vez al continente, las describieron como unas islas que escupían fuego. Luego, en 1535, el obispo de Panamá –Fray Tomás de Berlanga– llegó accidentalmente a las islas con su tropa de españoles. Se abastecieron de agua y dejaron varios animales que se volvieron salvajes en estas tierras de nadie.

Tell them you saw it in Diles que lo viste en
EL CENTRAL
Hispanic News

Reserva: Mindo-Nambillo

La Reserva Ecológica Mindo-Nambillo comprende aproximadamente 22.000 hectáreas ubicadas en las laderas del volcán Guagua Pichincha y sobre la zona pluviselva subtropical húmeda. Sus bosques semitropicales albergan diversas especies que se destacan por su belleza y atracción, como la extensa variedad de orquídeas, mamíferos, reptiles y mariposas. También este lugar posee importantes fuentes hídricas, entre ellas el río Nambillo. Su fecha de declaración fue el 12 de abril de 1988, posee una temperatura que oscila entre los 2.31° y 19.22° centígrados y su rango altitudinal varía entre los 1,220.330 - 4593.670 metros sobre el nivel del mar.

Las cascadas del río Nambillo se encuentran entre la zona de páramo, bosque nublado y húmedo. Aquí se estima una importante biodiversidad representada por diferentes especies de aves, flora y mamíferos como pumas y osos de anteojos. Éstas se localizan a 90 km. al noroccidente de Quito, en el Bosque Protector Mindo-Nambillo.

El Bosque Protector Mindo-Nambillo forma parte de la Región del Chocó Andino del Ecuador y se le considera como una de las cinco zonas más calientes en el mundo. Se caracteriza por poseer una gran diversidad y endemismo de especies. Incluye seis sistemas bioclimáticos con su fauna y flora: húmedo temperado, lluvioso temperado, muy húmedo sub-temperado, muy húmedo sub-tropical, muy húmedo temperado y páramo lluvioso.

9 Grilling Safety Tips for Summer Barbecues

firstalert.com

Grilling is a popular way to enjoy the nice summer weather, but grill fires can start easily and spread quickly when the gas or charcoal grill is placed too close to any fire hazards. Learn how you can help keep your home and family safe by following our grill safety tips..

1. Only use grills outside

It may be tempting to set up your barbecue grill inside of your open garage or under a covered balcony, but propane and gas, charcoal grills are strictly designed for outdoor use where there is plenty of ventilation. Any combustible materials that surround or hang over the grill when it's in use can catch fire easily and quickly. Make sure that the area over top and around your grill is clear and unobstructed.

2. Place your grill away from your home

Barbeque grills are often placed just outside the back door or on the back deck against a railing. You should avoid placing your grill in these areas because it can pose a potential fire hazard. Grills that are placed too close to the house or other wood structures can heat up adjacent materials and cause a fire to start. Be sure to keep your grill at least 10 feet from your home or other structures.

3. Make sure your grill is located on a flat, level surface

Grills that are placed on slopes or other uneven surfaces can tip over easily and cause a fire. Make sure that your grill is set up on a stable surface such as a concrete pad so that it remains level while cooking food.

4. Check your grill for leaks

If you store your grill inside during the winter months, it's important to check it over thoroughly when grilling season begins. A leak in the gas lines can cause propane or natural gas to build up inside the BBQ when the lid is closed. Check the gas lines to make sure that they are free of leaks before using your grill, and always open the lid of your barbecue before lighting.

5. Always clean your grill after use

Barbecuing regularly causes grease to build-up on the grill plates and collect inside the grease tray. If not cleaned, the build-up can then act as fuel and catch fire while the grill is in use. Clean your charcoal or gas grill after each use with a grill brush and empty the grease tray when it begins to fill up.

6. Never leave your barbecue grill unattended while in use

Never leave the grill unattended while you are cooking food. You should never walk away from your barbecue while it's in use. Barbecues use high heat and open flames to cook food, and when left unattended can become a safety and fire hazard. If you must leave the grill, ask another adult to watch the grill for you.

7. Wear appropriate clothing

Articles of clothing that have long sleeves or pieces that dangle can catch fire easily when too close to an open flame. When grilling food, wear clothing that won't interfere with the cooking process and make sure that any apron strings are tied back away from your front. If a piece of clothing does catch fire, remember to stop, drop, and roll to extinguish the flames quickly.

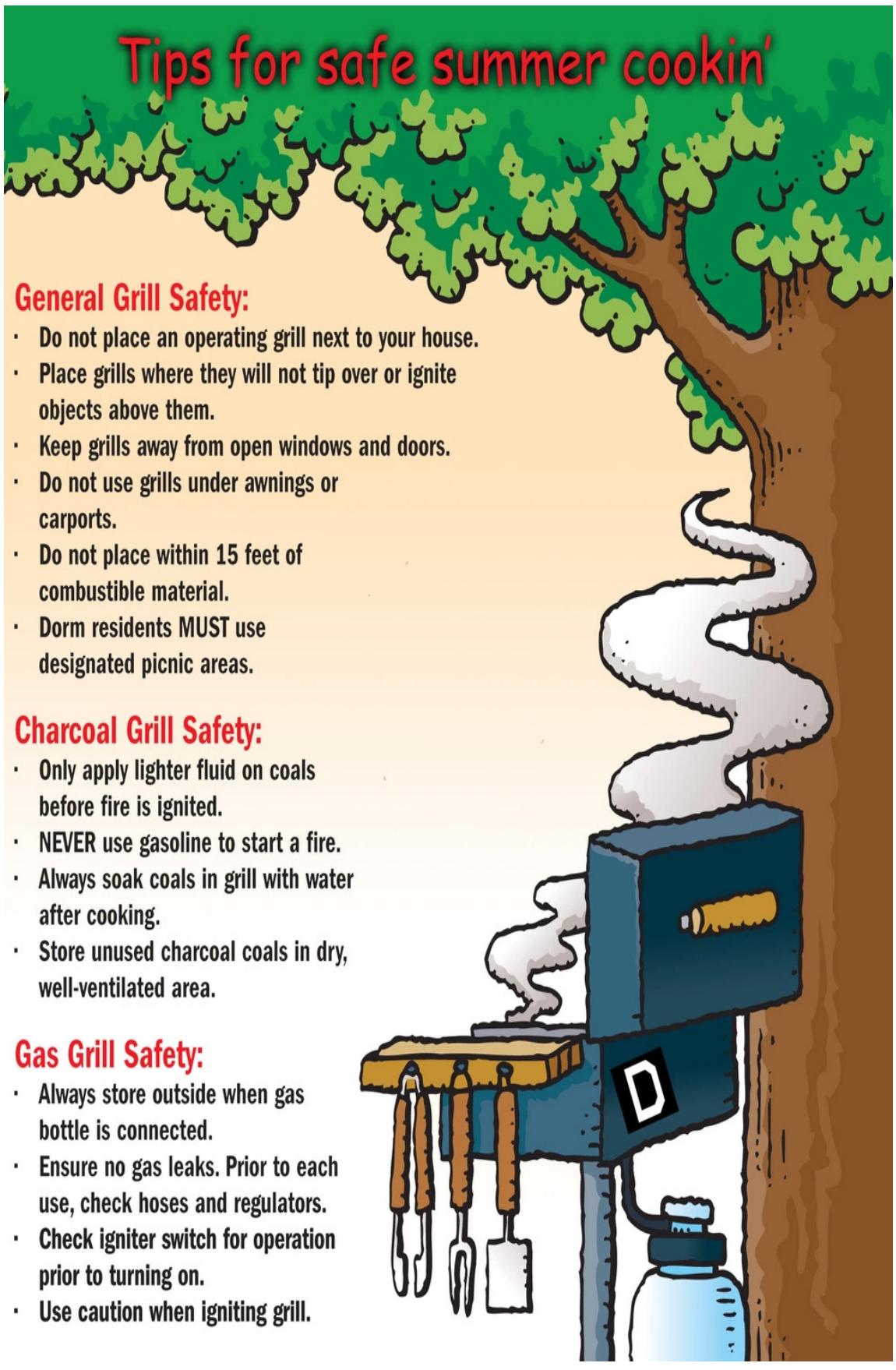
8. Keep a spray bottle on hand

It's common for grills to flare up as fat drips from meat as it cooks, and this can cause a section of the grill to remain on fire as it burns away. If left alone, the flames will continue to burn and cause excess smoke to billow out from under the lid. Keep a spray bottle filled with water beside your grill so that you can quickly extinguish smaller flames before they spread.

9. Always have a fire extinguisher close by

In the event that a fire does break out, follow these tips on and ensure you have EZ Fire Spray within reach. It is simple to use, just point and spray to extinguish the fire. EZ Fire Spray is also quick and easy to clean up after use. It's small, compact size makes it the perfect addition to your grilling set to help keep your loved ones safe.

Following these charcoal and gas grill safety tips and having the right protection will help you and your family enjoy a safe grilling season all summer long.


Tips for safe summer cookin'
General Grill Safety:
· Do not place an operating grill next to your house.
· Place grills where they will not tip over or ignite objects above them.
· Keep grills away from open windows and doors.
· Do not use grills under awnings or carports.
· Do not place within 15 feet of combustible material.
· Dorm residents MUST use designated picnic areas.
Charcoal Grill Safety:
· Only apply lighter fluid on coals before fire is ignited.
· NEVER use gasoline to start a fire.
· Always soak coals in grill with water after cooking.
· Store unused charcoal coals in dry, well-ventilated area.
Gas Grill Safety:
· Always store outside when gas bottle is connected.
· Ensure no gas leaks. Prior to each use, check hoses and regulators.
· Check igniter switch for operation prior to turning on.
· Use caution when igniting grill.
D

ENTRETENIMIENTO

The Green Veil starring John Leguizamo

The series follows a government agent in the 1950s tasked with an unraveling secret mission that threatens to expose deeper secrets. Leguizamo plays Gordon Rogers, an immigrant who came into the US as a child and dedicated his life to achieving the American Dream. He experiences both an insidious obsession with that dream, and the societal limitations to it placed upon certain groups.

El Velo Verde protagonizada por John Leguizamo

La serie sigue a un agente del gobierno en la década de 1950 encargado de desentrañar una misión secreta que amenaza con exponer secretos más profundos. Leguizamo interpreta a Gordon Rogers, un inmigrante que llegó a Estados Unidos cuando era niño y dedicó su vida a lograr el sueño americano. Experimenta tanto una obsesión insidiosa con ese sueño como las limitaciones sociales que impone a ciertos grupos.

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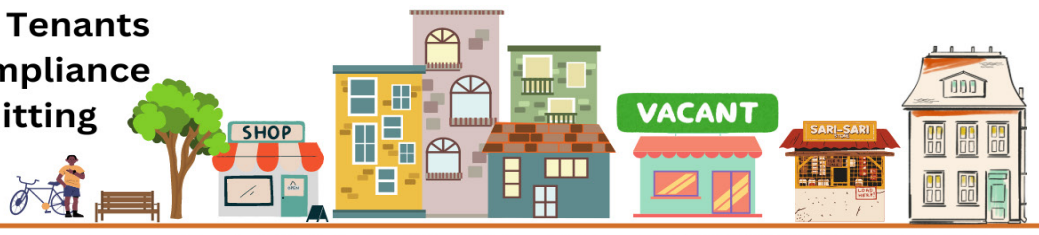

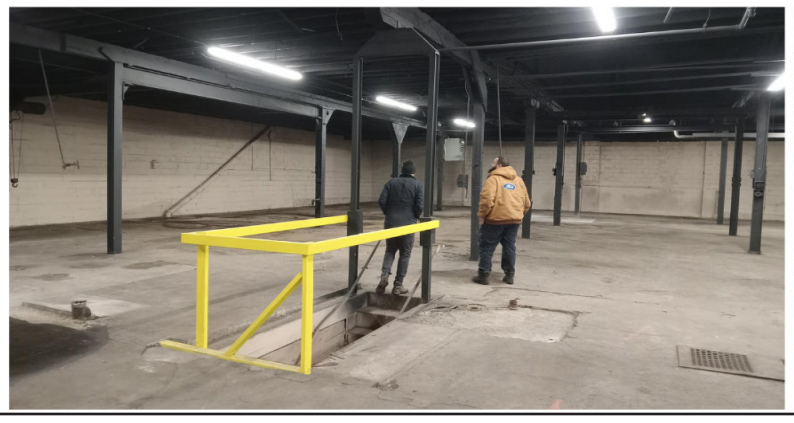

Shields vs Joanisse at LCA, July 27th !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Photos by Dan Graschuck/ EL CENTRAL

On Saturday, July 27, Shields will rise two weight divisions to challenge WBC Women's Heavyweight World Champion Vanessa Lepage-Joanisse of Quebec, Canada, in a special edition of Salita Promotion's "Big Time Boxing USA" at Little Caesars Arena (LCA) in Detroit and live on DAZN. The vacant WBO Light Heavyweight Championship will also be on the line

Tickets for the July 27 event are on sale now and can be purchased at Ticketmaster.com and the XFINITY Box Office at Little Caesars Arena.

Photos below are highlights from the press conference at the LCA

Claressa Shields talks to media during the press conference at the LCA

Vanessa Lepage-Joanisse takes questions from media during the press conference at the LCA, with promoter Camille Estephan (from Eye of the Tiger promotions)

Claressa Shields and Vanessa Lepage-Joanisse go face to face with belts, during press conference at the LCA, with both manager and promoters for both firghters, Dmitriy Salita of Salita Promotions (behind Vanessa) and Camille Estephan (from Eye of the Tiger promotions, on right), watch on

Claressa Shields and Vanessa Lepage-Joanisse pose with belts during press conference at the LCA

Le Rouge Rebounds From Midweek Defeat

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

David Levine
EL CENTRAL

First year head coach Danny Dichio has made it clear that he is demanding of his players. Having conceded two late goals from corner kicks to throw away three points at home against the Birmingham Legion, he made a number of changes to the lineup for DCFC's trip to Miami last weekend.

The biggest change came in goal where Nate Steinwascher returned to the starting spot after sitting on the bench much of June. The longtime City number one had given up eight goals in two games at the end of May, prompting Dichio to give Carlos Saldana a run in the team. Defending corner kicks relies heavily on the goalkeeper leading the defense's organization. Two major gaffes five minutes apart against Birmingham provoked Dichio to restore Steinwascher. After a couple of early scrambles in Miami, the team settled in and had no difficulty fending off their last place hosts.

Midfielders James Murphy and Maxi Rodriguez also dropped to the bench at the start. They, along with Abdoulaye Diop, are usually the engine of the team. In came little used Connor Rutz and new acquisition Ryan Williams next to Diop. Perhaps this was to test them against weaker opposition, but they formed a solid trio with Diop, controlling much of the play on a steamy night in South Florida.

Victor Bezerra, on loan from the Chicago Fire, started up top and looked to drop into midfield and release the speedy Rhys Williams on the right or combine with Ben Morris who tucked inside from the left. Alex Villanueva started in place of Brett Levis on the left and pushed forward whenever possible to give the team some width.

It took most of the first half to wear down Miami. The hosts, certainly frustrated by their poor record, tried a physical approach to slowing down Le Rouge. They fouled repeatedly, eventually picking up six yellow cards, two of them to Junior Palacios, who was sent off late in the second half. City kept their cool in spite of a heat index approaching 100 degrees.

Rhys Williams finally opened the scoring just before halftime with a terrific shot from the right side of the penalty area. After not scoring at all last year, he has found himself in better attacking positions this season and showed some real power on the first goal.

Michael Bryant effectively sealed the win when he headed in Ryan Williams free kick after fifty-one minutes. On the hour, Dichio turned the screws a little tighter on Miami by sending on Murphy and Rodriguez. They locked down midfield and sent the attack into a higher gear. Maxi Rodriguez finished as the Man of Match by scoring the final two goals of the game. The first came from Diop's slick pass that split the defense open and the second arrived in stoppage time when Elvis Amoh drove across the goal line and pulled the ball back to the center to find Rodriguez unmarked just a few yards from goal.

That comprehensive 4-0 victory moved DCFC into fifth in the Eastern Conference, leapfrogging the Birmingham Legion. Saturday night at Keyworth DCFC will meet the team now directly ahead of them when the Tampa Bay Rowdies come to town (7:00pm). DCFC still has at least two games in hand on all the teams above them in the table, so winning these head to head battles is becoming imperative as the team seeks to host a playoff game in the fall.

DCFC WOMEN TO HOST PLAYOFFS

After finishing the 2024 season undefeated, DCFC's women's will be hosting the first stage of the USL W League playoffs at Keyworth this weekend. David Dwaihy's team rounded out the regular season with a solid 3-0 win at AFC Ann Arbor. Goals from Acadia Murphy, Lily Jeakle, and Joyelle Washington put the exclamation point on a fantastic summer. They finished with ten wins and two draws and only conceded five goals in the twelve games.

Now, things will be more difficult. The Central Conference has three divisions. The three champions, DCFC, Minnesota Aurora FC, and Indy Eleven, will be joined by a wild card who had the best points per game average for the season. That wild card is River Light FC of the Heartland division, who finished behind Minnesota Aurora. Indy Eleven won the Valley Division. The first round pairings have not been announced yet, but based on the W League web site formula, DCFC could be facing Indy Eleven or River Light. Check the DCFC website, detcityfc.com, for updates on the schedule and game times.

There will be two semifinals at Keyworth on Friday and the final on Sunday. The club has a goal of having the men host a playoff game, but the women have beaten them to the punch. It's an exciting time for the women. They had a deep roster and juggled players constantly yet maintained a high level of performance for the twelve game regular season.

Looking around the league at the standings, there are some major differences between the teams that won their divisions and the teams lower down. Some clubs ran up some unbelievable scores during their regular seasons. For example in the Southeast Division, the Florida Elite Soccer Academy won all twelve games while scoring an incredible 73 goals!
At the other extreme was Colorado International Soccer Academy who had a -84 goal differential with one game to play. It's hard to gage the quality of the teams when there are such wild variations. This makes the playoffs a bit of a leap into the unknown. At least DCFC will have the backing of its loyal fans at home on Friday night.

DCFC Men and Women Win !!!

Detroit City FC returned to winning ways on a hot Saturday night on the road to Miami FC, winning 4-0 thanks to goals from Rhys Williams, Michael Bryant, and Maxi Rodriguez, who notched a brace off of the bench. This was the first time Le Rouge scored four goals in a USL Championship match since October 1, 2022, when they bested Loudoun United on the road.

Next up, Detroit City FC is set to host the Tampa Bay Rowdies at Keyworth Stadium on Saturday, July 6. If Le Rouge is able to win on Saturday, they'll jump back into the top-four of the Eastern Conference, the threshold for a home playoff match.

The DCFC Women finished the season undefeated.

Keyworth stadium will be the hosting field to 2 semifinal games on Friday and the final game on Saturday.

For more information about Detroit City FC, visit detcityfc.com and follow @DetroitCityFC on Twitter and Facebook and @detroitcityfootballclub on Instagram.

Photos below are highlights from Detroit City FC mens game and the womens clinching the playoffs

Photo provided by Detroit City FC (photographer Jon DeBoer)

EDITORIAL OPINION

¿Latinos verdes?

Por José López Zamorano
Para La Red Hispana

En las encuestas, los latinos que vivimos en los Estados Unidos aparecemos como seres casi genéticamente inclinados hacia la conservación ambiental. Un sondeo realizado por la Universidad de Yale hace tres años se ha vuelto emblemático de nuestra disposición natural hacia la protección del medio ambiente.

Casi 3 de 4 latinos predispuestos a actuar contra el cambio climático

Casi tres de cada cuatro latinos expresamos en esa encuesta no sólo nuestro deseo de que la sociedad, el gobierno y el sector privado hagan más para encarar el desafío que representa el calentamiento global, sino que manifestamos nuestra disposición a formar parte en campañas para actuar contra el cambio climático.

Pero realmente ¿qué tan verdes somos los latinos?

La respuesta nos llega de la mano de una nueva campaña que visibiliza los esfuerzos de latinas y latinos de todos los sabores y edades, que tomaron la iniciativa de hacer algo por ellos mismos para proteger sus comunidades, fomentar el uso de tierras públicas y alentar el uso de energías limpias.

Es decir, los latinos sí somos verdes, pero quizás no tan verdes como creemos o no tan verdes como podemos serlo.

La crisis del COVID-19 nos ha confirmado la influencia enorme que tiene la responsabilidad individual para incidir sobre los desenlaces de las políticas públicas. En otras palabras, nuestro granito de arena, casi imperceptible a nivel microscópico, hace la diferencia desde un punto de vista colectivo.

Como periodista he tenido la oportunidad de colaborar en esta campaña llamada atinadamente Latino Verde.

El título es ilustrativo y provocador. A cada uno de nosotros nos corresponde evaluar qué tan verdes somos y qué tan verdes podemos ser. Las historias personales de Latino Verde incluyen a modestos voluntarios, guerreros que dedican su tiempo libre a la defensa ambiental, pero también las aventuras de profesionales que decidieron convertir su vocación en un proyecto profesional.

El mensaje es claro: si llevas en tus venas la pasión por el mundo natural, por la preservación y la conservación ¿por qué no convertirlo en algo más que un estilo de vida y quizás en una carrera profesional de alto impacto social y remunerada con la recompensa de saber que ayudando a moldear el futuro de la humanidad?

Sólo en Estados Unidos se proyecta la creación de 9 millones de empleos verdes por año en la próxima década en el sector del transporte limpios; así como 3.2 millones por año para expandir las energías renovables.

Quizás la crisis del COVID-19 y la recesión resultante, van a afectar esas proyecciones, pero precisamente la pandemia nos ha mostrado que nada es inevitable y que si hacemos algo positivo en el ámbito de nuestra compromiso personal, no hay ningún reto, ni el cambio climático, en el que no podamos hacer la diferencia.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

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Fireworks Safety Tips

Con't from pg. 1

Restricting fireworks, then there are no local fireworks restrictions in your municipality.".

Even if a local government chooses to restrict fireworks in their municipality by passing a local ordinance, state law requires that fireworks must be allowed on the following days, after 11:00 a.m.:

- December 31 until 1:00 a.m. on January 1
- The Saturday and Sunday before Memorial Day, until 11:45 p.m.
- June 29 to July 4, until 11:45 p.m.
- July 5, if it falls on a Friday or Saturday, until 11:45 p.m.
- The Saturday and Sunday before Labor Day, until 11:45 p.m.

Sehlmeyer emphasized the importance of knowing the rules since the amended state law also stipulates that violations of a local ordinance can result in a $1,000 civil fine.

"If you do plan to shoot your own fireworks, remember these are explosives and that if used incorrectly, can cause irreparable injury and harm," said Sehlmeyer. "Take every safety precaution, especially with the more powerful consumer-grade devices such as firecrackers, bottle rockets and Roman candles, to avoid tragedy."

In Michigan, consumer fireworks must meet Consumer Product Safety Commission (CPSC) standards. Licensed facilities will only sell fireworks to people 18 years of age or older. Low impact fireworks (ground-based items such as sparklers, toy snakes, snaps, and poppers) are also legal for sale and use

State law requires that consumer-grade fireworks only be ignited from personal property. It is illegal to ignite fireworks on public property (including streets and sidewalks), school property, church property, or another person's property without their express permission. State law makes it illegal to discharge fireworks when intoxicated or under the influence of drugs.

When fire-related incidents involve consumer, low impact, or illegal fireworks resulting in property damage, injury or death of another person, individuals are subject to a misdemeanor or felony punishable by imprisonment of not more than five years and fines of up to $10,000 or both.

The Bureau of Fire Services fire inspectors are issuing citations to sellers who are non-compliant with the Fireworks Safety Act to ensure that fireworks retailers operate their businesses safely to protect the public. Consumers should always buy from state-certified fireworks retailers – whether in a permanent building or a tent – and should consider these important safety tips to protect lives and property:

ALWAYS:

- Follow the manufacturer's directions.
- Have an adult supervise fireworks activities, including sparklers.
- Light fireworks one at a time, then immediately back away to a safe distance.
- Keep people and pets out of range before lighting fireworks.
- Light fireworks outdoors on a driveway or other paved surface at least 25 feet away from houses and highly flammable materials such as dry grass or mulch.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Douse spent fireworks in a bucket of water before discarding them.

NEVER:

- Buy fireworks packaged in brown paper or use unlabeled fireworks – they are for professional use only.
- Experiment with or make your own fireworks.
- Allow young children to play with or ignite fireworks.
- Place any part of your body directly over a fireworks device when lighting the fuse.
- Try to re-light "duds" or pick up fireworks that have not ignited fully. (Rather, wait 15 to 20 minutes and then soak it in a bucket of water.)

Fireworks Safety Tips
Never allow children to play with or ignite fireworks.
Never try to re-light or pick up fireworks that have not ignited fully.
Keep a bucket of water or a garden hose handy in case of fire or other mishap.
Make sure fireworks are legal in your area before buying or using them.
Light fireworks one at a time, then move back quickly.
More Fireworks Safety Tips – www.cpsc.gov/fireworks
Source: U.S. Consumer Product Safety Commission 2012 Fireworks Annual Report

- Point or throw fireworks at other people.
- Carry fireworks in a pocket or shoot them off in metal or glass containers.

Sparklers should not be considered harmless for kids. A significant number of young children are injured by being poked with sparkler wires and are badly burned by sparklers each year, per the CPSC.

More than 50 percent of sparkler-related injuries happen to kids under age 14 across the country. Sparklers can reach 1,200 degrees Fahrenheit and have the potential to cause significant burn injuries. Sparklers can quickly ignite clothing and can cause grass fires if thrown on the ground. Always keep a bucket of water close by to dispose of used sparklers promptly.

Classifieds

Place your Classified ad in Michigan's Largest, Oldest, and Only Weekly Bilingual Hispanic Newspaper, **EL CENTRAL !!!**

U.S. Probation Department Eastern District of Michigan –
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EOE

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American Indian Health & Family Services is partnering with Eastern Market to bring Farm Stand here! Farm Stand will sell fresh, affordable, and locally produced food.
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Salud/*Health*

Why a Healthier Mouth Equals a Healthier You

(StatePoint) Better oral health is strongly linked to better overall health, helping you speak properly, eat healthfully, and prevent certain infections and disease. According to experts, it all starts with preserving your natural teeth.

"Your natural teeth are not disposable. They are designed to last a lifetime," says Dr. Natasha M. Flake, president of the American Association of Endodontists (AAE). "Taking steps to preserve your teeth is fundamental to a healthy mouth, a healthy body and a happy life."

Unfortunately, millions of U.S. adults don't have dental insurance, and many low-income adults lack the means to acquire dental services. As a result, they may forgo preventive care and even emergency care when issues arise.

"Delaying or avoiding care can cause a snowball effect of additional oral health and systemic health issues," says Dr. Flake. "Even a minor oral infection can escalate into a life-threatening situation if left untreated."

In an effort to urge Americans to get timely oral health care, the AAE has launched a multipronged campaign highlighting the link between oral health and overall health. The campaign includes digital billboards in Times Square, advocacy messages in building lights, and pop-up educational events where free dental care kits are distributed.

Many AAE members even provide free root canal treatments to those in need through organized free root canal days. Flake points out how critical this service is.

"All too often, the default treatment for infection and tooth decay is tooth extraction," says Dr. Flake. "The truth is that we can do better for all patients, particularly those in underserved communities. In fact, outreach efforts

funded by the Foundation for Endodontics help patients in underserved communities receive much-needed dental care and save their teeth."

Endodontists are highly skilled dental specialists in diagnosing and treating tooth pain. When performing root canals, they use the latest in 3D imaging and advanced technology to put safety first and reduce the risk of infection. With 25 million procedures performed every year, root canal treatments are safe, convenient and widely recommended. To locate a nearby endodontist, visit the AAE's useful patient tool findmyendodontist.com.

If you're experiencing tooth pain or sensitivity, don't delay your care. Visit an endodontist to protect your smile and your health.

Por qué una boca más sana equivale a una persona más sana

(StatePoint) Una mejor salud bucal está fuertemente relacionada con una mejor salud general, lo que le ayuda a hablar correctamente, comer de forma saludable y prevenir ciertas infecciones y enfermedades. Según los expertos, todo empieza por preservar los dientes naturales.

"Tus dientes naturales no son desechables. Están diseñados para durar toda la vida", afirma la Dra. Natasha M. Flake, presidenta de la Asociación Estadounidense de Endodoncistas (AAE). "Tomar medidas para preservar los dientes es fundamental para una boca sana, un cuerpo sano y una vida feliz".

Desafortunadamente, millones de adultos estadounidenses no tienen seguro dental y muchos adultos de bajos ingresos carecen de los medios para adquirir servicios dentales. Como resultado, pueden renunciar a la atención preventiva e incluso a la atención de emergencia cuando surgen problemas.

"Retrasar o evitar la atención puede provocar un efecto de bola de nieve con problemas adicionales de salud bucal y sistémica", dice el Dr. Flake. "Incluso una infección bucal menor puede convertirse en una situación potencialmente mortal si no se trata".

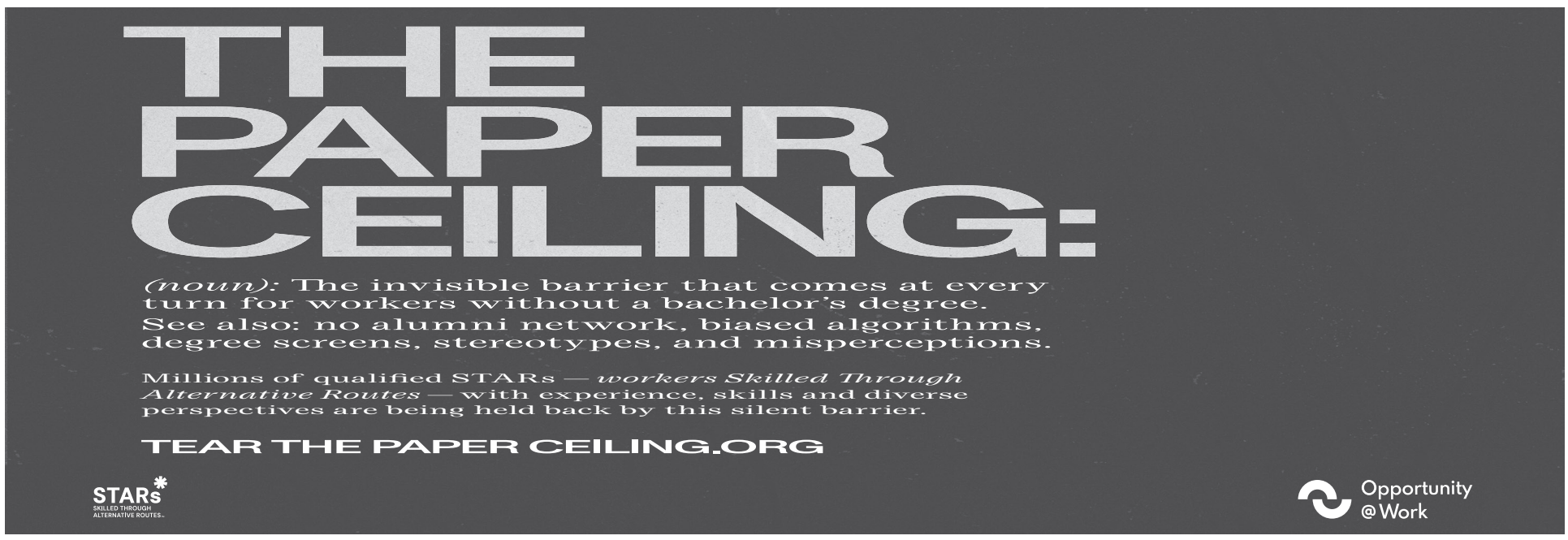
En un esfuerzo por instar a los estadounidenses a obtener atención de salud bucal oportuna, la AAE ha lanzado una campaña multifacética que destaca el vínculo entre la salud bucal y la salud general. La campaña incluye vallas publicitarias digitales en Times Square, mensajes de promoción en las luces de los edificios y eventos educativos emergentes donde se distribuyen kits de cuidado dental gratuitos.

Muchos miembros de la AAE incluso brindan tratamientos de conducto radiculares gratuitos a quienes los necesitan a través de días organizados de tratamiento de conductos radiculares gratuitos. Flake señala lo crítico que es este servicio.

"Con demasiada frecuencia, el tratamiento predeterminado para las infecciones y las caries es la extracción del diente", dice el Dr. Flake. "La verdad es que podemos hacerlo mejor para todos los pacientes, particularmente aquellos en comunidades desatendidas. De hecho, los esfuerzos de extensión financiados por la Fundación de Endodoncia ayudan a los pacientes de comunidades desatendidas a recibir la atención dental que tanto necesitan y a salvar sus dientes".

Los endodoncistas son especialistas dentales altamente capacitados en el diagnóstico y tratamiento del dolor de dientes. Al realizar endodoncias, utilizan lo último en imágenes 3D y tecnología avanzada para priorizar la seguridad y reducir el riesgo de infección. Con 25 millones de procedimientos realizados cada año, los tratamientos de conducto son seguros, convenientes y ampliamente recomendados. Para localizar a un endodoncista cercano, visite la útil herramienta para pacientes de la AAE, findmyendodontist.com.

Si tiene dolor o sensibilidad en los dientes, no demore su atención. Visita a un endodoncista para proteger tu sonrisa y tu salud.


THE PAPER CEILING:
(noun): The invisible barrier that comes at every turn for workers without a bachelor's degree.
See also: no alumni network, biased algorithms, degree screens, stereotypes, and misperceptions.
Millions of qualified STARs — workers Skilled Through Alternative Routes — with experience, skills and diverse perspectives are being held back by this silent barrier.
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TRANSGLOBAL UNDERGROUND (ENGLAND)
VOX SAMBOU (HAITI)
RICAN STRUCTION (PUERTO RICO)
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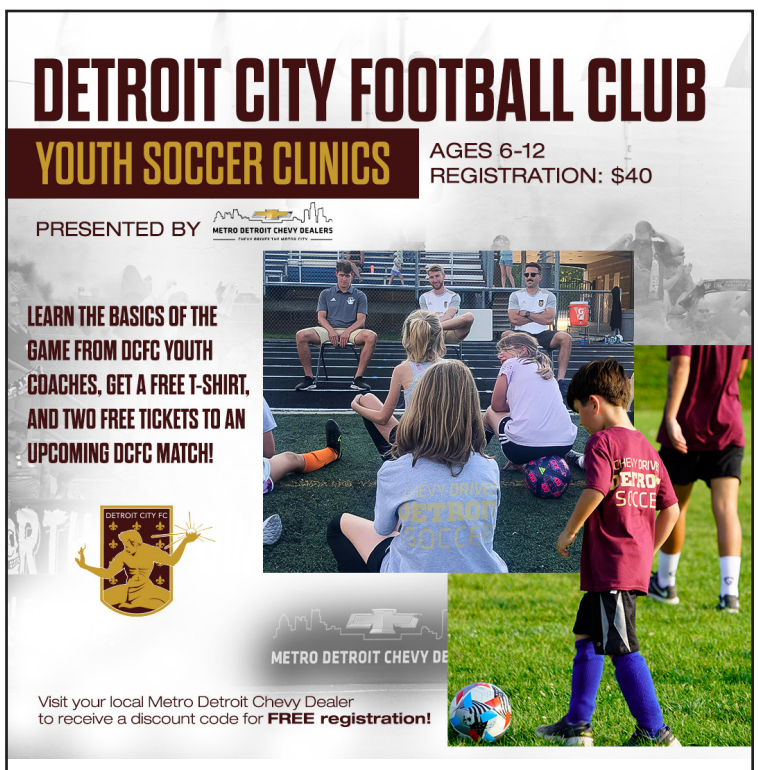
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The Metro Detroit Chevy Dealers Youth Clinics are back for another year. Throughout the summer, the clinics will be traveling to 12 cities! See all clinic dates and locations below!

Visit your local Metro Detroit Chevy Dealer to receive a discount code for FREE registration!

June 24 | 6:30 PM - 8:00 PM
University Liggett School - Southfield

July 6 | 4:00 PM - 5:30 PM
Keyworth Stadium - Hamtramck

July 8 | 6:30 PM - 8:00 PM
Oakland Yard Athletics - Waterford

July 15 | 6:30 PM - 8:00 PM
Gabriel Richard High School - Riverview

July 16 | 6:30 PM - 8:00 PM
Lawrence Technical University - Southfield

July 25 | 6:30 PM - 8:00 PM
Fisher Upper Magnet Academy - Detroit

July 29 | 6:30 PM - 8:00 PM
Heritage Park - Taylor

August 5 | 6:30 PM - 8:00 PM
High Velocity Sports - Canton

August 8 | 6:30 PM - 8:00 PM
Mitchell Field - Ann Arbor

August 12 | 6:30 PM - 8:00 PM
Premier Sports Center - Shelby Township

August 26 | 6:30 PM - 8:00 PM
Huron Valley Soccer Club - Highland

August 27 | 6:30 PM - 8:00 PM
Catalpa Park - Southfield

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WEDNESDAY, JULY 10, 2024

8:30 AM to 2:30 PM

Begin Your Plans and Preparations TODAY!

For children 8 - 15 years of age.

For youth registration or to sponsor, contact the
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Ed Deeb – 586-774-4000 or visit
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Weekends (Sat. & Sun.) • Aug 17th - Sept. 29th
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9 am - 7 pm • Rain or Shine • 248-634-5552
Parking Pass Required: See Website
www.MichRenFest.com
Michigan Renaissance Festival
45 YEARS OF HUZZAH & CHEERS

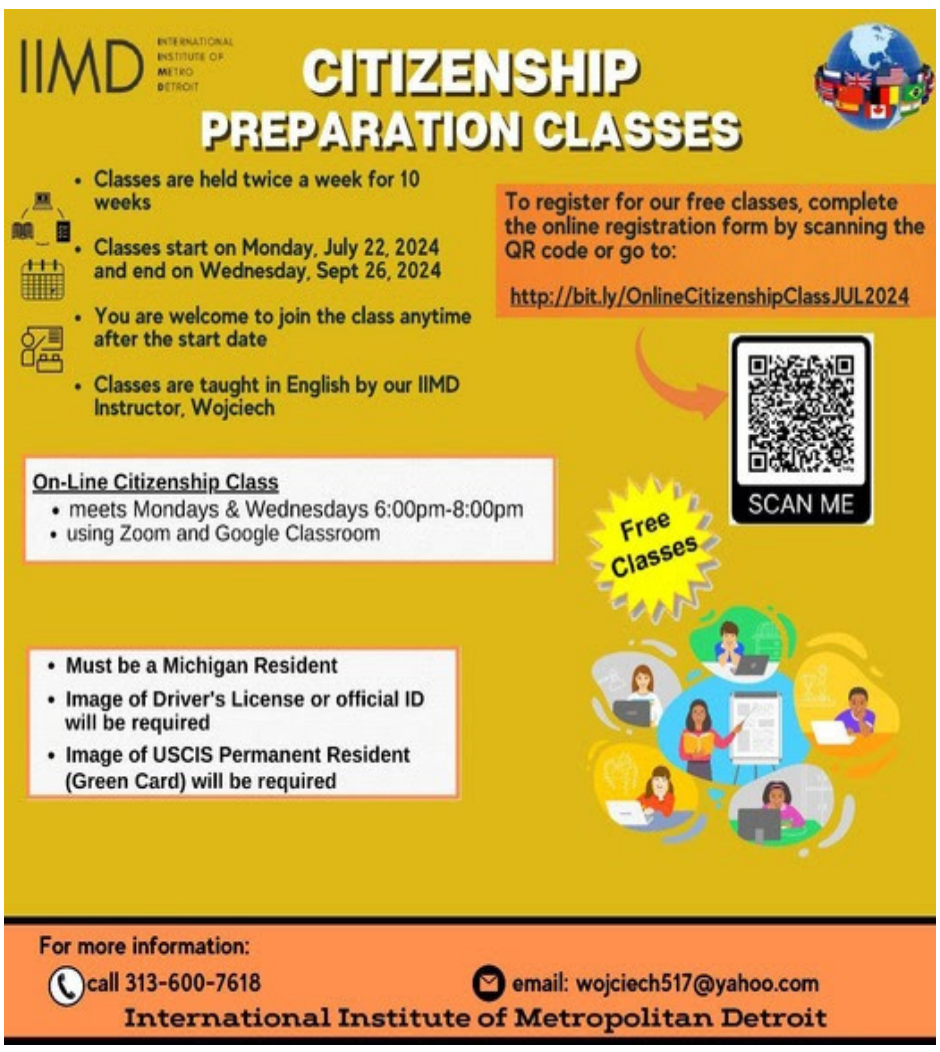
IIMD
INTERNATIONAL INSTITUTE OF METRO DETROIT
CITIZENSHIP PREPARATION CLASSES
Classes are held twice a week for 10 weeks
Classes start on Monday, July 22, 2024 and end on Wednesday, Sept 26, 2024
You are welcome to join the class anytime after the start date
Classes are taught in English by our IIMD Instructor, Wojciech
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Image of Driver's License or official ID will be required
Image of USCIS Permanent Resident (Green Card) will be required
For more information:
call 313-600-7618
email: wojciech517@yahoo.com
International Institute of Metropolitan Detroit

SAVE THE DATE
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Las clases comienzan el lunes 22 de julio de 2024 y finalizan el miércoles 26 de septiembre de 2024
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Las clases se imparten en inglés nuestra instructora de IIMD, Wojciech
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